



# Seahaven Swim and Fitness Centre

## Group Exercise Timetable

Starting Monday 17<sup>th</sup> May 2021



Monday			
Time	Focus	Class	Instructor
Morning Sessions			
11:15 - 12:00		Aqua Fit +	Gail

Friday			
Time	Focus	Class	Instructor
Afternoon Sessions			
12:30 - 13:15		Aqua Fit +	Gail

### Focus Symbol

- Cardio
- Dance
- Holistic
- Strength and Core
- Water Based
- HIIT  
(High Intensity Interval Training)

For full class descriptions visit [www.waveleisure.co.uk](http://www.waveleisure.co.uk)

+ These classes are suitable for those 14 years & over. All other classes are suitable for adults aged 16 years & above. The class session includes any time taken to set-up and take-down equipment necessary for the activity. If you cannot attend a class, please cancel online or by telephone 1 hour prior to the class commencing.

Please note timetable subject to change.